BRUHAT BANGALORE MAHANAGARA PALIKE

YELAHANKA ZONE

Name of work: Estimate for Providing Gym equipments in ward No 11 Kuvempunagara) in Vidyaranyapura Sub Division.

			Estimate Cost Rs.					2000000.00	
Sl No	Description of item	Unit	No	L	B	D	Qty	Rate	Amount
1	The chest press is a heavy guage steel made up of 100 mm NB MS pipe the sub structure consists of 25mm NBMS pipes and heavy duty bushes pivoted to 1 end and moveable up down in other. The easts are made up of pressed sheet metal of heavy guage self weighted machine built to supports as vigorous wok out for upto 2 people the equipment hosts one of the most basic and effective body stength exercises. The chest press supports and promotes upbody strength and strengthens and the triceps pectoralis, and deltoids in the pressing moton the exercise can be done n repetitions stating off with 5 to 15 repetition and building the above equipment duly powder	Nos							
			2					2		
								2	248000.00	**496000.00**
2	TSAI 1139A the AIR WALKER made up of D100mm NBMS pipes the substructures consists of 40 mm NBMS pipe and heavy duty bushes pivoted to 1 end and in walking motion the foot steps is made up pressed sheet metal of heavy guage it provides to side by side exercises position which deliver cardiavascular vacular benifits by simulating the runing motion although with straighter eegs and no impact. The exercises completly the avoids the impact stress runners often experiences on feet knees, bips and lower back many people cannot tolerate the jarring motion of jogging walking is a good alternative but it does not stretch are fully activate the important muscule in the upper thigh the air walker improves both cardiovascular fitness and fiexibility exercise levels can be of 5 to 15 munites duration experiment with various peed and different levels of stretch the above equipment is duly	Nos							
			1					1		
								1	155000.00	**155000.00**

Sl No	Description of item	Unit	No	L	B	D	Qty	Rate	Amount
3	TSI 1140 A - The FUN RIDER made up of 100mm NBMS pipe the such structure conisits of 40mm NBMS pipes and heavy duty bushes pivoted to one end and movable in materal motion the eseat is made up of pressed sheet metal of heavy guage fun rider station involves cardiovasular benedits using a rowing motion This apparatus promotes strengthening the biceps latissmus dorsi and rear deltoids in the pulling motion white also developing cardiovascular fitness, Exercise levels can be of 5 to 15 minutes duration, expreiments with various sppeds and different levels of intensity The above equipment is duly powder coated	Nos							
			1				1		
							1	140000.00	**140000.00**
4	TSI 8155 C The STANDING RORATION made up of 100mm NBMS pipe the sub structure consists of 32 mm NBMS pipe and heavy duty bearing and bushes provided to ensure smooth plate rotation the standing plates are made up of pressed sheet metal of heavy guage it benches in stretching the internal and external obliques and adding emphasis on the abdomitals and extesor muscles of the spine. The above equipment is duly powder coated	Nos							
			1				1		
							1	140000.00	**140000.00**
5	TSI 1138 E. The TAI CHI SPINNERS made up of 100 mm NBMS pipe the sub structure consists of 25 & 20 mm NB MS pipes and heavy duty bearing and bushes provided toe ensure smooth wheel rotation They heae four large rotary wheels with adjustable resistance the two sets of wheels can be turned in different directions by a user on each side this exercise employes the full flexiility aroun the shoulder and the many muscles that raise and lower the arms and provide shoulder stability work the apparatus in various directions and stances. The Tai Chi Spinners can be installed at a variety of heights making it perfect for all ages. The above equipment is duly powder coated	Nos							
			2				2		
							2	198000.00	**396000.00**
6	The ROWER the structue consists of 25 & 20mm NB MS pipes and heavy duty bushes pivot to one end and movable back and front rowing motion it invilves cardiovascular bebefits using a rowing motion. This apparatus promotes stengthening the bicep latissimus dorsi and rear deltoids in the pulling motion while also developing cardiovascular fitness exercise levels can be of 5 to 15 minutes duration Experiement with various speeds and different level of intensity The above equipment duly powder coated	Nos							

Sl No	Description of item	Unit	No	L	B	D	Qty	Rate	Amount
			2				2		
							2	125000.00	**250000.00**
7	The SPINNERS made up of 100 mm NB NS pipe. The sub structure consists of 25 & 20mm NB MS pipe and heavy duty bearing and bushes provided to ensure smooth wheel rotation. They have large rotary wheel with adjustable resistance. The exercise employs the full flexibility around the shoulder and the many muscles that raise and power the arms and provide shoulder stability work the apparatus in various directions and stances The Tai Chi Spinners can be installed at a variety of heights making it perfect for all ages. The above equipment is duly powder coated	Nos							
			2				2		
							2	170000.00	**340000.00**
8	ROPE PULLER the ROPE PULLER made up of 100mm NB MS pipe the sub structure consists of 32 mm NB MS pipes and heavy duty provided to ensure smooth rope transition these are a primary indicator of upper body stength the exercises place more emphasision the stretching improving the grip introduce yourselft at all exercises gradually avoiding undue stress slowly build the number of repetitions the above equipment is duly powder coated	Nos							
			1				1		
							1	83000.00	**83000.00**
	Add for unforseen and rounding off	L/S							
								Total	**2000000.00**

Rupees Twenty Lakh(s) Only

ertificate:

1 The work spot has been inspected and the work is found necessary.
2 This estimate is prepared as per Approved Rates.
3 The provisions were made in this estimate are necessary and adequate.
4 This works come under B.B.M.P. limits.

Assistant Engineer
Ward No. 11

Assistant Executive Engineer
Bruhat Bangalore Mahanagara Palike
Vidyaranyapura Sub Division

Executive Engineer
Bruhat Bangalore Mahanagara Palike
Byatarayanapura Division

Administrative Approval
Accorded For 20.00 lakhs
Head of A/C..P 1771
CER NO :.....115..... Dt:..12.01.17

TA CE (YNK)

TECHNICAL SANCTION
Accorded For Rs. Twenty lakhs only
Head of A/c..... P-1771
Div. Ref. No..140/16-17..... Date.12/01/17
AE EE(BTP)12/01